

Tailor your quit journey, your way.



Pivot, a quit tobacco program personalized for you.

When it comes to quitting tobacco, everyone's needs are different. That's why Pivot offers a customized program with a variety of tools to get you started on your quit journey. Pivot is designed for all people who use tobacco — even those who say they aren't ready to quit.

Pivot is available at no cost for Local 7 members and their dependents ages 18+ through their CDPHP plan.

Visit pivot.co/ualocal7

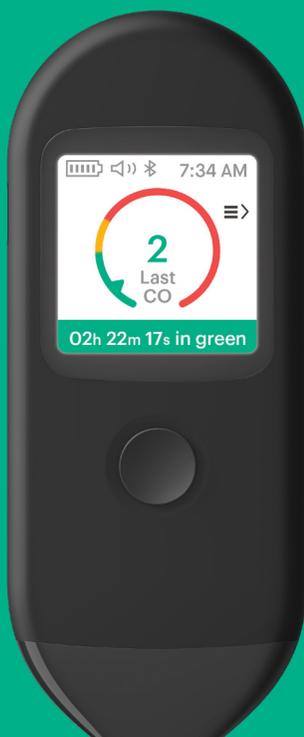
Use [ualocal7](https://pivot.co/ualocal7) for registration

Or to learn more about Pivot or enroll:

Get Started Today!

"Pivot made it possible to quit at my own pace. I was not intending to even quit smoking in the beginning... and I ended up quitting smoking."

Tony C. | 57



Why Pivot Works

When it comes to quitting smoking, everyone's needs are different. Pivot provides a personalized and non-judgmental approach that works even for those not ready to quit. Pivot can be tailored for cigarettes, vaping or smokeless tobacco.



Pivot App

Daily recommendations, games and challenges make Pivot fun and informative. Learn to manage cravings and gain the insight to make lasting changes.



Nicotine Replacement Therapy (NRT)*

Four-week supply included at no charge, choose from gum, patches, or lozenges. NRT has been shown to reduce cravings and help you quit.



The Pivot SmartSensor*

Proven to increase motivation and reduce the number of cigarettes smoked per day. The sensor measures carbon monoxide, a toxin in cigarette smoke, in exhaled breath. Skip a cigarette, and your numbers will decrease. See how even small changes can have major impacts.



Support and Guidance

Tap into Pivot's robust online community for collective wisdom or text in the app with a specially trained health coach, assigned to you, for personalized support and advice. Coaching is optional but available when and if you want it.

**Available for those who smoke cigarettes.*



78%

Of Pivot users decreased their number of cigarettes per day.

81%

Of users said Pivot was the best quit program they had ever tried.

*"Learning about how much I smoke, how much I spent...was so eye opening. **I thought the breath sensor was one of the coolest things ever.** It was high tech. Futuristic."*

John | 47

Get Started Today!

Click the button above and use access code **ualocal7**

Or visit **pivot.co/ualocal7**